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publications

FOOD AND NUTRITION SERVICE

FOOD AND NUTRITION SERVICE
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PUBLICATIONS
of the Food and Nutrition Service
U.S. Department of Agriculture

USDA's Food and Nutrition Service publishes a variety of publications to explain food programs—both to those who might be eligible to take part in them, and to those who can spread the word of the availability of food help. This listing of publications contains a brief description of each of the educational materials available, to aid in making an appropriate selection.

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FREE PUBLICATIONS

Single copies of FNS publications are available free, unless a price is given after the description. Requests for publications in quantity must be accompanied by an explanation of the need for the materials and how they will be used in support of food assistance programs.
Requests—giving both the title and the series-number of publications needed—should be addressed to the nearest Food and Nutrition Service Regional office:

- | | |
|---|--|
| U.S. Department of Agriculture
Food and Nutrition Service
729-Alexander Road
Princeton, New Jersey 08550 | U.S. Department of Agriculture
Food and Nutrition Service
1100 Spring Street, N.W., Room 200
Atlanta, Georgia 30309 |
| U.S. Department of Agriculture
Food and Nutrition Service
536 South Clark Street
Chicago, Illinois 60605 | U.S. Department of Agriculture
Food and Nutrition Service
1100 Commerce Street, Room 5-D-22
Dallas, Texas 75202 |
| U.S. Department of Agriculture
Food and Nutrition Service
550 Kearny Street
San Francisco, California 94108
or to the
Information Division
U.S. Department of Agriculture
Food and Nutrition Service
Washington, D.C. 20250 | |

SALE PUBLICATIONS

Those publications which have a price listed after the description are free only to cooperators in FNS programs. Others may send orders for these "sale only" materials, giving the title and the series-number, and enclosing payment to:

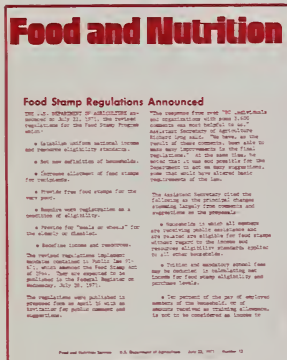
**Superintendent of Documents, U.S. Government Printing Office,
Washington, D.C. 20402**

PERIODICALS



FOOD AND NUTRITION

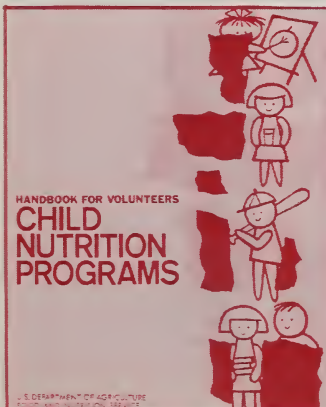
A bimonthly magazine which reports on activities in food programs. It reports their impact on people, the activities of public and private agencies in helping those in need of food assistance, and work of individuals and groups of volunteers. Distribution is free to cooperating State and local agencies, professional groups working with school programs or low-income families, and persons who can further disseminate food and nutrition information. Sales distribution: single copies, 45¢ domestic subscription, \$2.50 a year; foreign subscription, \$3.15 a year.



FOOD AND NUTRITION

A newsletter is issued every four to six weeks, featuring brief reports of the current news of food programs. It is distributed to persons who are doing information or education work closely related to these programs, including State and local cooperating agencies, and participants in the White House Conference on Food, Nutrition and Health. Write to Information Division, of the Food and Nutrition Service.

CHILD NUTRITION PROGRAMS



HANDBOOK FOR VOLUNTEERS—CHILD NUTRITION PROGRAMS (FNS-10)

Aimed at individuals and organizations who wish to bring Child Nutrition services to their community. It contains examples of what others have done, descriptions of the Child Nutrition Programs, and suggestions for community service projects. The pamphlet is particularly useful as a teaching device for groups.

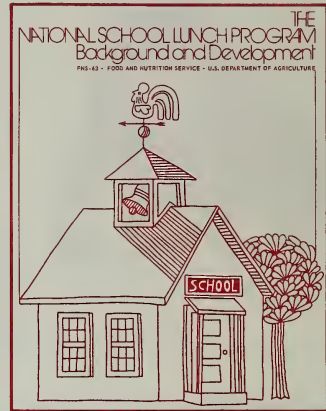
CHILD NUTRITION PROGRAMS (PA-948)

States the goal of the Child Nutrition Programs, and then summarizes the five main services set up to meet that goal: National School Lunch Program, School Breakfast Program, Special Milk Program, Special Food Service Program for Children and the Nonfood Assistance Program. Addresses are listed for those who wish more information.



THE NATIONAL SCHOOL LUNCH PROGRAM: BACKGROUND AND DEVELOPMENT (FNS-63)

Describes the foundation of the program in Europe and the U.S. extending through the National School Lunch Act of 1946, the Child Nutrition Act of 1966, and the 1970 Child Nutrition amendments. The pamphlet points out the growing public concern for nutrition and the program growth and development which resulted from this concern.



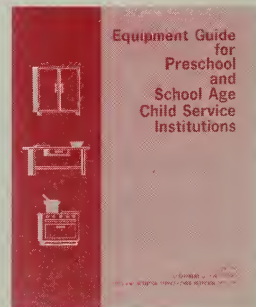
NATIONAL SCHOOL LUNCH PROGRAM—25 YEARS OF PROGRESS (PA-980)

Reports the history of the program from 1946-1971. A detailed chart shows numbers of participants and dollar amounts spent in each state, and two small charts state contributions to the program and the value of the food. Plans for improvements in the system are described including engineered foods, satellite feeding, and computer-assisted menu planning.



EQUIPMENT GUIDE FOR PRESCHOOL AND SCHOOL AGE CHILD SERVICE INSTITUTIONS (PA-999)

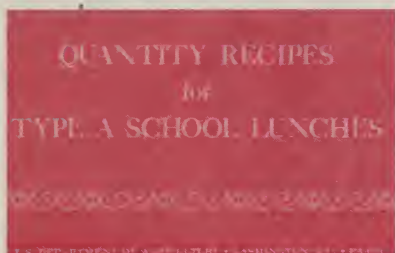
Gives suggestions for planning and equipping kitchen and dining areas to serve 15 to 100 children. Included are: specifications for equipment, utensils and tableware; along with sample kitchen layouts. (25 cents)





FOOD BUYING GUIDE FOR TYPE A SCHOOL LUNCHES (PA-270)

Provides information for planning and calculating the quantities of food to be purchased and used by schools serving Type A lunches in the National School Lunch Program (\$3.90)



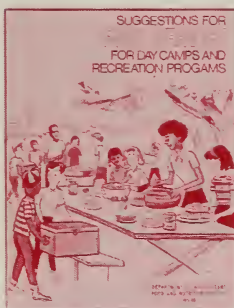
QUANTITY RECIPES FOR TYPE A SCHOOL LUNCHES (PA-631)

A card file listing quantity recipes and other information needed to prepare Type A lunches, including fractional equivalents, conversion charts, and instructions for calculating the quantities of food needed. (\$14.05)



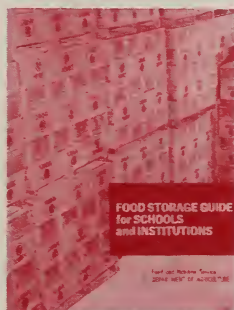
A MENU PLANNING GUIDE FOR TYPE A SCHOOL LUNCHES (PA-719)

Developed to help school lunch personnel plan Type A lunches and understand the relationship of the Type A lunch requirements to the dietary needs of children. It includes information on planning lunches for various age groups, a chart listing foods under each requirement for a Type A lunch, steps to follow in planning and evaluating menus, plus sample menus.



SUGGESTIONS FOR FOOD SERVICE FOR DAY CAMPS AND RECREATION PROGRAMS (FNS-80)

Describes food and cash assistance available from USDA; includes pointers on safe handling and storage of food, meal planning guides, sample menus and quantity recipes to serve 100.



FOOD STORAGE GUIDE FOR SCHOOLS AND INSTITUTIONS (PA-403)

Shows good methods of handling and storing USDA-donated and locally-purchased foods. It includes the latest research data available on types of storage facilities and equipment needed for handling and storing foods.

COOKING FOR TWO (PA-1043)

Offers over 100 recipes, with menu ideas, tips on planning, serving, storing, and preparing meals. The recipes are especially helpful to one or two family households in Federal-State food assistance programs because of the low-cost foods, easy instructions and minimum equipment. (\$1.10)



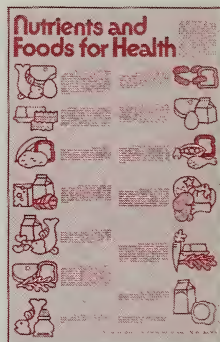
QUANTITY RECIPES FOR CHILD CARE CENTERS (FNS-86)

A guide in card file format offering recipes designed to help meal planners meet the standards set by FNS for centers taking part in the year-round Special Food Service Program. It is specially developed for young children in day care centers. The file also gives general information on meal patterns, menu suggestions, food quantities, and common measures, ingredient substitutions, and portion control. (\$4.05)



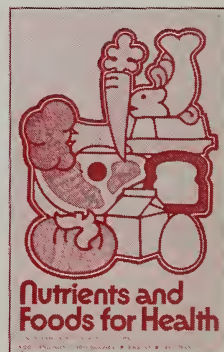
NUTRIENTS AND FOODS FOR HEALTH (FNS-95)

The 30-inch by 48-inch multi-colored poster pictures 13 nutrients and the food sources for each. It is useful as a teaching aid in secondary school lunchrooms and school lunch workshops. (.75)



NUTRIENTS AND FOODS FOR HEALTH (FNS-97)

As a smaller version of FNS-95 (20" x 16½") it offers the same nutrient and food source information and is useful as a desk aid.



A MENU PLANNING GUIDE FOR BREAKFAST AT SCHOOL (FNS-7)

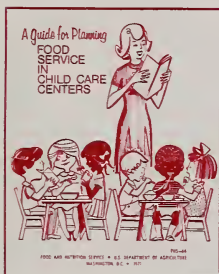
Prepared to help school lunch supervisors and managers plan breakfast menus to help meet the daily dietary needs of children. It gives nutrition guidelines as well as general guidelines for planning breakfasts; sample menus; menus for schools without facilities; questions to use in evaluating menus.





FOOD FOR CHILDREN IN PRESCHOOL CENTERS AND IN SUMMER PROGRAMS (FNS-8)

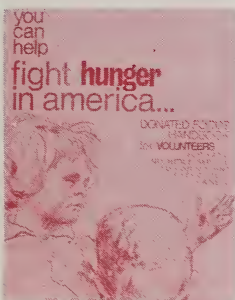
Describes the Special Food Service Program for Children, listing what kind of assistance is available, who is eligible, what nutritional requirements must be met, and other qualifications necessary to participate. Addresses to which service institutions should write for more information are listed.



A GUIDE FOR PLANNING FOOD SERVICE IN CHILD CARE CENTERS (FNS-64)

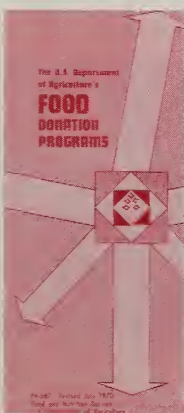
Prepared to help directors and personnel plan food service for preschool children in child care centers. It contains information on meal patterns for young children, purchase and preparation of food, sanitation procedures, and suggested menu ideas. There are also sections on infant feeding, how to encourage favorable attitudes toward food and good eating habits, plus a bibliography on child feeding.

FOOD DISTRIBUTION PROGRAMS



YOU CAN HELP FIGHT HUNGER IN AMERICA . . . DONATED FOODS HANDBOOK FOR VOLUNTEERS (FNS-2)

A guide for individuals and private organizations who want to help low-income people get food assistance through the Family Food Donation Program and the Supplemental Food Program.

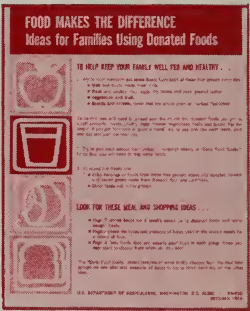


USDA'S FOOD DONATION PROGRAMS (PA-667)

Lists the benefits of donated foods to children, needy families, victims of disasters, Indians on reservations, children and adults in charitable institutions, campers, children and adults in other nations. It describes how direct distribution works and gives the address of the Food Distribution Division in Washington for additional information. (Available in Spanish)

FOOD MAKES THE DIFFERENCE—IDEAS FOR FAMILIES USING DONATED FOODS (PA-935)

A 4-page leaflet which tells how to keep your family well fed and healthy, using donated foods. A week of sample menus is listed, along with a chart showing the foods used in the menus broken down under the 4 food group categories. A chart shows the best food buys under each category, with indications for the donated foods. Foods likely to increase food costs are also listed.



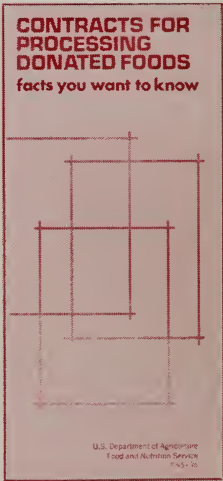
FOOD FOR YOUR TABLE

A multi-colored 8" X 10" flip chart booklet to help community workers or aides explain the Food Distribution Program to individuals or small groups, who might be eligible for USDA food. The booklet provides space to fill in specifics on how and where to apply for food locally.



CONTRACTS FOR PROCESSING DONATED FOODS (FNS-96)

A leaflet explaining in question and answer form how schools and institutions can and are contracting with commercial food processors to convert Federally donated foods into such ready-to-use and convenience items as bread, pasta products, pizza shells, cakes mixes, precooked meat loaves, turkey rolls, etc.



JIMMY HAS MORE FUN (FNS-3)

This 12-page pamphlet is in comic book form. The story line begins with one mother telling her neighbor that her son Jimmy lacks pep because he is not getting the food he needs at home. The neighbor suggests that she apply for donated foods. The story ends with Jimmy getting his energy back and having fun again—due to better nutrition.





GUIDE FOR WAREHOUSING USDA-DONATED FOOD (PA-373)

Assembled to acquaint distributing agencies with the types of warehouses, storage facilities, and equipment needed for handling and storing USDA-donated foods. It contains information on the protection of foods, inspection and records, effective use of warehousing space, efficient use of equipment, and efficient use of labor.



DONATED FOODS FOR DISASTER — A GUIDE FOR STATE AND LOCAL OFFICIALS (PA-557)

Outlines food distribution responsibilities and possible courses of action during natural and man-made disasters. It is designed for those officials connected with the Food Distribution Program, but those connected with the Food Stamp Program will also find pertinent information.

FOOD STAMP PROGRAM



THE FOOD STAMP PROGRAM—A GUIDE FOR RETAILERS AND WHOLESALERS (PA-534)

Designed to answer questions retailers and wholesalers may have about becoming a food stamp store. There is a page of retailer do's and don'ts, along with information on how to be authorized to accept food stamps and what steps are necessary to redeem the coupons.

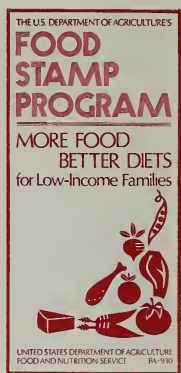


YOU'RE IN GOOD COMPANY—MILLIONS OF AMERICANS USE USDA FOOD STAMPS (PA-922)

An information pamphlet for those who use food stamps, designed to be given to new participants, as they come into the program. It simplifies the do's and don'ts of the food stamp regulations for the user. There are also hints to help shoppers get the most out of the stamps.

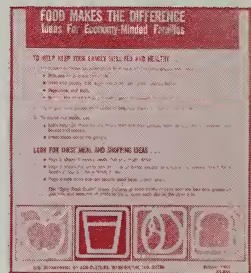
FOOD STAMP PROGRAM—MORE FOOD AND BETTER DIETS FOR LOW-INCOME FAMILIES (PA-930)

Directed toward those persons who do not need stamps, but who want to know what the program is all about. The text provides a brief summary of the program, who is eligible and how it operates. There are also sections on nutrition education and community involvement in the food stamp program.



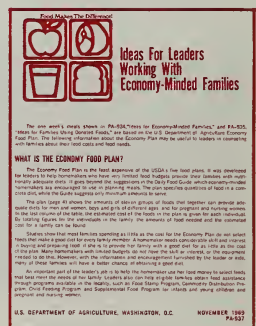
FOOD MAKES THE DIFFERENCE—IDEAS FOR ECONOMY-MINDED FAMILIES (PA-934)

Lists ways to help a family have nutritious meals on a low budget. It gives suggested menus for a full week, with a chart telling how much of each food item in the menus is needed for families of four and six persons. Economical buys in each of the four main food groups are listed on the back, along with a listing of foods which are likely to increase food costs.



IDEAS FOR LEADERS WORKING WITH ECONOMY-MINDED FAMILIES (PA-937)

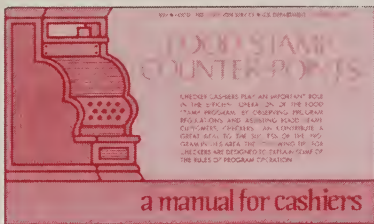
Describes the Economy Food Plan. This plan was developed for leaders to help homemakers who have very limited food budgets provide their families with nutritionally-adequate diets. The plan is shown in chart form. Ways to adjust the cost and amounts of food in the plan are also given.



FOOD STAMPS MAKE THE DIFFERENCE (PA-952)

A two-page flyer, useful for introducing the program to possible users. It stresses the point that food stamps can help buy more of the right kinds of food to keep the family healthy. There is a brief description of how the program works, what qualifications are necessary to participate in the program, and how to apply for food stamps.





FOOD STAMP COUNTER POINTS: A MANUAL FOR CASHIERS (PA-997)

As a companion to "A Guide for Retailers and Wholesalers" (PA-534), this publication describes the operation of the food stamp program and lists the special do's and don'ts for cashiers.



YOU CAN HELP FIGHT HUNGER IN AMERICA—FOOD STAMP HANDBOOK FOR VOLUNTEERS (FNS-1)

A guide for individuals and organizations who want to support the Food Stamp Program in their community. It describes the program, gives suggestions for activities, and lists resource materials available.



YOU AND FOOD STAMPS (FNS-5)

A bilingual fold-out leaflet written in English and Spanish. It states in simple terms, the nutrition food groups, the eligibility requirements for getting food stamps, how to apply for the stamps, and how the program works. The pamphlet is useful as an eye-catching initial introduction to the Food Stamp Program.



FOOD STAMPS FOR YOU (FNS-67)

A multi-colored 8" X 10" flip chart describing the Food Stamp Program. Designed as a recipient teaching device, the flip chart has simple and easily understood language and drawings. This publication is also available in Spanish.



FOOD STAMP FACTS (FNS-70-76 & 99)

A series of question and answer fact sheets on various aspects of the new Food Stamp Program regulations, including:

Allotments and Purchase Requirements (FNS-70)

Work Registration (FNS-71)

Eligibility Requirements (FNS-72)

Fair Hearing (FNS-73)

Household Income Deductions (FNS-74)

Meals-on-Wheels (FNS-75)

Recipient Responsibility (FNS-76)

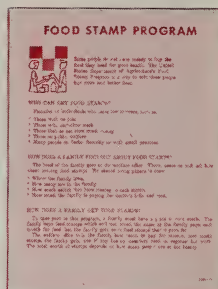
Disaster Situations (FNS-99)

Also available in Spanish.

Special editions of FNS-70 and FNS-72 are printed for Alaska and Hawaii.

FOOD STAMP PROGRAM (FNS-77)

A general two-page fact sheet describing who can participate in the program, what steps households need to take to receive food stamps, and how the coupons are used. This publication is also available in Spanish, Samoan, and Yiddish.



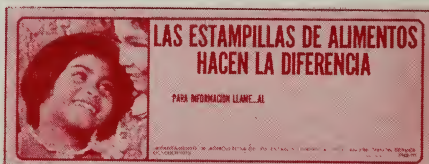
OFFICIAL FOOD LIST (FNS-110)

Grocers participating in the food stamp program are required to post this red, white and blue poster describing what items can and cannot be purchased with food coupons. It is available in Spanish and Chinese also. There is a special version of the Official Food List for Alaska.



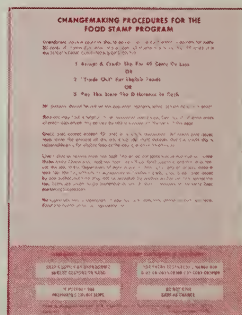
FOOD STAMPS MAKE THE DIFFERENCE (FNS-111)

“Las Estampillas de Alimentos Hacen la Diferencia” means Food Stamps make the Difference! This colorful Spanish poster in yellow and maroon is approximately 11 x 28 inches. There is a space provided for the address and phone number of the local food stamp office to be inserted.



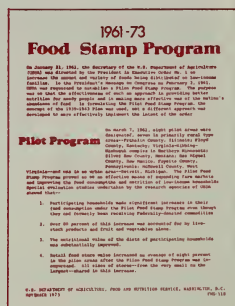
CHANGEMAKING PROCEDURES FOR THE FOOD STAMP PROGRAM (FNS-112)

A two-page leaflet describing the procedures a grocer should follow in making change for food stamp customers. Examples of sample credit slips are shown.

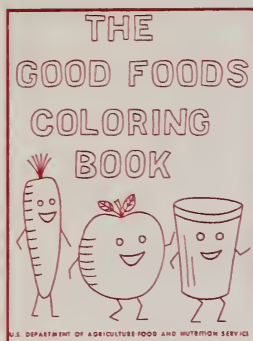


1961—1973 FOOD STAMP PROGRAM (FNS-118)

A brief history of the food stamp program covering the years 1961 through 1973. This publication is useful as reference material.



EDUCATIONAL AIDS



THE GOOD FOODS COLORING BOOK (PA-912)

This coloring book teaches nutrition to children through pictures and words. The objects to be colored all pertain to good nutrition. They are divided into the four food groups and the story line tells the children the names of each food and what color it should be. There are also comments to children on how a food is eaten or what vitamins it contains.



EL LIBRO COLORANTE DE LAS COMIDAS BUENAS (PA-912-S)

This pamphlet is a Spanish version of the Good Foods Coloring Book. The foods to be colored all pertain to good nutrition. Again the story line gives the name of the item, what color it should be, and how it is eaten. There is a chart on the inside back cover showing the English equivalent for Spanish words.



FOOD FACTS AND FUN . . . With Butter and Boop

A 16-page nutrition education comic book in full color produced by Black Light Inc. for the Grocery Manufacturers of America in cooperation with the U.S. Department of Agriculture and the Cooperative Extension Service of Rutgers, the State University of New Jersey. Stemming from recommendations of the White House Conference on Food, Nutrition and Health, the publication aims to explain the rudiments of sound diet in ways inner city children can enjoy and understand. Available for use in Child Nutrition Programs.

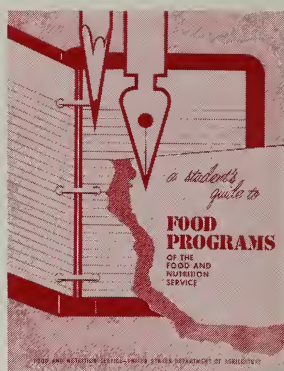


SO ALL MAY SHARE

A pocketed folder which holds fact sheets on National School Lunch Program (FNS-78) Special Milk Program (FNS-82) School Breakfast Program (FNS-84) Special Food Service Program for Children (FNS-79) Food Donation Program (FNS-83) Food Stamp Program (FNS-77) and Supplemental Foods for Health (FNS-85). This packet is useful to mail out to persons inquiring about the various food programs—and is particularly valuable to opinion leaders who are in a position to tell others about the availability of these programs. Also available in Spanish.

A STUDENT'S GUIDE TO FOOD PROGRAMS OF THE FOOD AND NUTRITION SERVICE

A pocketed folder which may be filled with pamphlets or fact sheets or other information . . . depending on its use, it is designed as a mailer for students interested in the various food programs, and interested in what they can do to make the programs work.



FOOD FOR EMERGENCIES AND DISASTERS (FNS-66)

The Food Stamp and Food Distribution Programs are always on the alert to serve people who might be affected by disasters. This fold-over pamphlet describes how this is done. On the back are addresses for more detailed information on emergency food potentials in specific localities.



FOOD AID FOR THE ELDERLY (FNS-81)

Describes food assistance available to the elderly, including food stamps, donated foods and the use of these in home-delivered meal services. Printed in large-sized type, to help the elderly to be able to read it more easily, and thus to help them to take part in the programs for which they are eligible.



FNS PUBLICATIONS LISTED BY SERIES-NUMBER

- FNS-1 You can Help Fight Hunger in America—Food Stamp Handbook for Volunteers
- FNS-2 You can Help Fight Hunger in America—Donated Foods Handbook for Volunteers
- FNS-3 Jimmy Has More Fun—(A comic book for donated foods)
- FNS-4 Type A for a Better Day (8 x 10½ size and 23 x 32 size)
- FNS-5 You and Food Stamps (English and Spanish Leaflet)
- FNS-7 A Menu Planning Guide for Breakfast at School
- FNS-8 Food for Children in Preschool Centers and in Summer Programs
- FNS-10 Child Nutrition Programs: A Handbook for Volunteers
- FNS-11 Publications of the Food and Nutrition Service
- FNS-12 Audio-Visual Materials of the Food and Nutrition Service
- FNS-13 Daily Food Guide (8 x 10½ size and 22 x 28 size)
- FNS-13-S Una Guia Diaria Para Comer Bien (8 x 10½ size)
- FNS-14 through FNS-37—Recipes for Thrifty Families in English
- FNS-38 through FNS-62—Recipes for Thrifty Families in Spanish
- FNS-64 A Guide for Planning Food Service in Child Care Centers
- FNS-66 Food for Emergencies and Disaster
- FNS-67 Food Stamps for You (A flip chart booklet)
- FNS-67-S Estampillas De Alimentos Para La Familia
- FNS-68 What's So Hard About Feeding Kids?
- FNS-70 Food Stamp Facts . . . Allotments and Purchase Requirements (a fact sheet)
- FNS-70-A Food Stamp Facts—Alaska . . . Allotments and Purchase Requirements (a fact sheet)

- FNS-70-H Food Stamp Facts—Hawaii . . . Allotments and Purchase Requirements (a fact sheet)
- FNS-70-S Datos Acerca de las Estampillas de Alimentos . . . Requisitos de Asignacion Y Compra De Cupones (a fact sheet)
- FNS-71 Food Stamp Facts . . . Work Registration (a fact sheet)
- FNS-71-S Datos Acerca de las Estampillas de Alimentos . . . Registro De Trabajo (a fact sheet)
- FNS-72 Food Stamp Facts . . . Eligibility Requirements (a fact sheet)
- FNS-72-A Food Stamp Facts—Alaska . . . Eligibility Requirements (a fact sheet)
- FNS-72-H Food Stamp Facts—Hawaii . . . Eligibility Requirements (a fact sheet)
- FNS-72-S Datos Acerca de Las Estampillas de Alimentos . . . Requisitos De Participacion (a fact sheet)
- FNS-73 Food Stamp Facts . . . Fair Hearing (a fact sheet)
- FNS-73-S Datos Acerca de las Estampillas de Alimentos . . . Audiencia Para Reclamaciones (a fact sheet)
- FNS-74 Food Stamp Facts . . . Household Income Deductions (a fact sheet)
- FNS-74-S Datos Acerca de las Estampillas de Alimentos . . . Deducciones de los Ingresos de la Familia (a fact sheet)
- FNS-75 Food Stamp Facts . . . Meals on Wheels (a fact sheet)
- FNS-75-S Datos Acerca de las Estampillas de Alimentos . . . Comidas Sobre Ruedas (a fact sheet)
- FNS-76 Food Stamp Facts . . . Recipient Responsibility (a fact sheet)
- FNS-76-S Datos Acerca de las Estampillas de Alimentos . . . Responsabilidades Del Participante (a fact sheet)
- FNS-77 Food Stamp Program (a fact sheet)
- FNS-77-S Programa De Estampillas Para Alimentos (a fact sheet)
- FNS-77 Food Stamp Program (Samoan version)
Samoan
- FNS-77-Y Food Stamp Program (Yiddish version)
- FNS-78 National School Lunch Program (a fact sheet)
- FNS-78-S Programa Nacional Del Almuerzo Escolar (a fact sheet)
- FNS-79 Special Food Service Program for Children (a fact sheet)
- FNS-79-S Programa Especial De Alimentos Para Los Ninos (a fact sheet)
- FNS-80 Suggestions for Food Service for Day Camps and Recreation Programs
- FNS-81 Food Aid for the Elderly
- FNS-82 Special Milk Program (a fact sheet)
- FNS-82-S Programa Especial De La Leche (a fact sheet)
- FNS-83 Food Donation Program (a fact sheet)
- FNS-83-S Programa De Donacion De Alimentos (a fact sheet)
- FNS-84 School Breakfast Program (a fact sheet)
- FNS-84-S Programa De Donacion De Alimentos (a fact sheet)
- FNS-85 Supplemental Foods for Health (a fact sheet)
- FNS-86 Quantity Recipes for Child Care Center (\$4.05)
- FNS-95 Nutrients and Foods for Health (Poster)
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- FNS-84-S Programa De Desayunos Escolares (School Breakfast Program, a fact sheet)

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